



WHATSheATE



Caribbean Rice and Peas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



284 kcal

SIDE DISH

Ingredients

- ☐ 2 cups rice
- ☐ 15 ounce goya pigeon peas rinsed canned drained
- ☐ 10 ounce chicken broth canned
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 garlic cloves pressed
- ☐ 2 teaspoons lemon rind grated
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion finely chopped

- ☐ 10 servings garnish: parsley sprigs fresh
- ☐ 1 teaspoon salt
- ☐ 0.5 cup coconut milk unsweetened
- ☐ 2.5 cups water

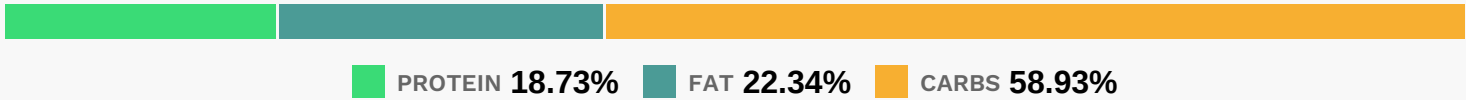
Equipment

- ☐ dutch oven

Directions

- ☐ Saut onion and garlic in hot oil in Dutch oven over medium-high heat 1 to 2 minutes or until translucent.
- ☐ Add rice and next 3 ingredients; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until liquid is absorbed and rice is tender. Stir in peas, parsley, lemon rind, and salt.
- ☐ Garnish, if desired.
- ☐ * 1 (15-ounce) can field peas may be substituted.

Nutrition Facts



Properties

Glycemic Index:20.42, Glycemic Load:19.6, Inflammation Score:-6, Nutrition Score:12.553913196792%

Flavonoids

Apigenin: 9.48mg, Apigenin: 9.48mg, Apigenin: 9.48mg, Apigenin: 9.48mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 284.39kcal (14.22%), Fat: 7g (10.78%), Saturated Fat: 3.47g (21.71%), Carbohydrates: 41.58g (13.86%), Net Carbohydrates: 37.67g (13.7%), Sugar: 0.8g (0.89%), Cholesterol: 14.17mg (4.72%), Sodium: 380.82mg (16.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.21g (26.42%), Vitamin K: 73.74µg (70.23%), Manganese: 0.75mg (37.61%), Selenium: 12.91µg (18.44%), Fiber: 3.91g (15.65%), Phosphorus: 154.08mg (15.41%), Folate: 60.74µg

(15.18%), Copper: 0.26mg (13.15%), Zinc: 1.65mg (10.99%), Magnesium: 42.35mg (10.59%), Iron: 1.64mg (9.13%), Potassium: 318.48mg (9.1%), Vitamin C: 7.41mg (8.98%), Vitamin B3: 1.77mg (8.84%), Vitamin A: 422.5IU (8.45%), Vitamin B6: 0.16mg (8.01%), Vitamin B1: 0.1mg (6.64%), Vitamin B5: 0.56mg (5.64%), Vitamin B12: 0.28µg (4.72%), Vitamin B2: 0.08mg (4.63%), Calcium: 45.77mg (4.58%), Vitamin E: 0.39mg (2.58%)